



PREMIER & DEVELOPMENT SQUAD HANDBOOK 2026 & 2027





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To our Kickeroos Family,

As we reflect on the incredible year of 2025, we extend our heartfelt gratitude to all parents who have been a part of our Kickeroos community. To those who have placed their trust in us over the years and to the new members who joined us, we thank you.

Your trust has allowed us to provide your children with an enriching soccer development experience, while instilling in them the values of effort and perseverance to improve week after week.

At Kickeroos, we take pride in supporting the growth of youth soccer in Australia, we aim to prove this by expanding our age groups over the upcoming terms. Youth soccer has evidently become more popular in Australia. Partly down to the world cup success of t our men's Socceroots Teams qualifying for Wolrd Cups. It's great to see our kids growing up with these role models as it encourages our young stars to follow their dreams and continue playing the game.

The dedication of our coaches and staff over the past two years, has brought us to where we are today. And, excitingly, we aspire to achieve even more!





We are particularly enthusiastic about the progress of our Development Squads. This handbook contains information, guidelines and policies relevant to the players and parents/carers.

Here's a summary of what you can expect from your child's development with us from 2026 onwards.

Our Primary Goal

The primary goal of the Development Squad is to provide a platform for the ongoing development of players. We aim to do so while maintaining a safe and supportive environment for all members of the community.

Key aspects of the program include:

- Constant skill development.
- Fostering a desire and effort to improve.
- Instilling a commitment to the association, the team and the individual.
- Recognising and acknowledging different rates of development.
- Developing a positive attitude towards teammates, coaches, officials and opposition.
- Enjoying the game of soccer.

The emphasis of this program is on long-term skill development, participation, confidence building, teamwork and enjoyment.





The Different Phases of Player Development - ADVANCED PROGRAM

U6 & U7 Development Squads - Discovery & Skill Phase

The U6/U7 phase fosters technical skill development while introducing tactical teamwork concepts. Coaches keenly observe players' preferences and abilities, gradually assigning more specific positions. Games become more structured, with larger spaces and more detailed rules.

U8 & U9 Development Squad - Skill & Game Training Phase

As we progress, players delve deeper into both technical and tactical development. They begin working on more complex team strategies, emphasising the importance of position play and teamwork. While specialisation in positions may commence, we continue to encourage versatility.

U10/12 Development Squad - Game/ Team Training Phase

The U10 phase further develops technical and team processes used within the game. We now implement strategies for the individual to function within the team. This includes the different transitions of the game from defending to attacking, attacking to defending. Aiming to develop the understanding between players and their positions, with and without the ball.





DEVELOPMENT / PREMIER SQUADS 2026/7

Our Development / Premier Squad represents a selective program from our Soccer Academy prioritising player development. The selection process hinges on a player's ability to listen, absorb instructions, exhibit a baseline skill level, and possess a genuine desire to engage in competitive soccer. The key difference lies in the two levels of competency, skill, and technique within the squads.

Development Squads U6-U12

Players in the Development Squads will engage in a program that emphasises improvement throughout the year. Coaches will closely monitor this development process, providing insights in our half-yearly reports to help set goals with the players.





We are currently in the planning phase of arranging tournaments and Academy Leagues for our squads to compete in.

- Super League - U8-U12 - Saturday Afternoons ALL TERMS
- Eastern Suburbs Academy League - U6-U8 - Saturday Afternoons ALL TERMS
- Sydney Lions 9-a-side League - U9-U14 - TBC
- April Tournament: To be confirmed.
- July: Canberra Kanga Cup (U9 to U12 players) TBC
- October: Sydney International Cup (U8 to U12 players)

We are excited about the potential these competitions hold for our players' development and the unique experiences that await them on and off the field. As we embark on this exciting journey, your support is invaluable, and we can't wait to share more details in the coming months!



Number of Teams/Players

SheKicks will enter teams ranging from U6-U12 depending on player & coach availability in each age group.

Each team consists of a maximum of 10 players

Selection Eligibility/Criteria

To be eligible for selection a player must:

- Acknowledge that they and their parents/carers accept the guidelines and policies in this handbook.
- Be under the age limit as of 31st December in the year of the season.
- During the trial process, the following criteria may be considered for player selection: Demonstrated skill level in all areas of soccer: shooting, dribbling and passing.
- Attitude, dedication, work ethic, commitment and coachability. Positional needs of each team.
- The player's availability to commit to all the requirements of the season including preseason and finals.
- The player and their parent/carer's history of behaviour and compliance with relevant codes of conduct.



The following factors are not to be considered by coaches in any circumstances:

- The race or religion of the player or their parents/carers.
- The position/status of the parent.
- The player's affiliation with any local competition club, school or external training program.

Team selection process for our Development Squads

- Unless a player is severely underperforming or there are consistent behavioural problems.
- ALL players in the Development Squads will automatically be enrolled for the following year.
- Team selection is done by the Head Coach of each age group and considerations such as friendships will be taken into account.

The coaches are provided with:

- A list of all players signed up for the trials.
- A list of all players who are absent from the trial for approved reasons.
- At the trials, the lead head coach of each age group is to determine the drills or activities conducted in each session. Following the trial, the coaches meet to discuss the final team selections.





Weekly Schedule 2026/7

Development Squads Term 1 and term 4:

- Tuesdays & Thursdays from 4 to 5:30pm training sessions in Centennial Park.
- Saturday ESAL & SSL between 1pm to 5pm Venues TBC

Development Squads Term 2 and Term 3:

- Tuesdays & Thursdays from 3:45 to 5:15pm in Queens Park.
- Saturday ESAL & SSL competitions between 1 to 5pm in Queens Park.

Premier Squads Term 1 and term 4:

- Mondays and Wednesdays from 4 to 5:30pm training sessions in Centennial Park.
- Saturday ESAL & SSL between 1pm to 5pm Venues TBC

Premier Squads Term 2 and Term 3:

- Mondays and Wednesdays from 3:45 to 5:15pm in Queens Park.
- Saturday ESAL & SSL competitions between 1 to 5pm in Queens Park.

**Please note that this may change for decisions out of our control such as councils venue permits, tournaments organisations decisions, weather conditions, etc..*





Training Expectations

- Kickeroos teams generally have two training sessions per week of an hour and a half each.
- Training venues may include: Centennial Park, Queens Park & Steyne Park - Double Bay.
- Players are expected to be at training, fully dressed and ready to train at the scheduled start time. One minute late is considered to be late and any penalties for unnotified lateness are at the discretion of the coach.
- If you cannot attend training or will be late, this should be communicated to the coach as early as possible.
- Training sessions during the school holidays are not mandatory.
- Players should wear their SheKicks uniform and bring water.

Player Match Time

The Premier & Development Squad Program is considered to be an elite development program, however, all players must play in both halves. Playing time is ultimately at the discretion of the coaches. Relevant factors to be considered include:

- Attendance and punctuality.
- Behaviour and appearance.
- Attitude towards coaches, teammates and referees. Playing ability.





Kickeroos Attire

All players are required to purchase a Kickeroos uniform. Which includes; Playing Top, Shorts & Socks. Players will have the opportunity to have their names and numbers on the back of their playing top.

Players who do not have the full correct uniform at the game will not be permitted to play.

Player Expectations

- All players must attend all practices and games unless they are sick or receiving professional treatment for an injury.
- Injured players should still attend training even if they cannot participate fully.
- All players must support their team at all times, whether they are on the court or on the bench, both verbally and with correct body language.
- All players are expected to conduct themselves in a respectful manner at all times. Any instances of inappropriate behaviour, bullying, or attitude detrimental to the team may result in disciplinary action or expulsion from the program.
- Representative teams are limited to 10 playing spots.



Parent-Player-Coach Communication

- Communication between the coaches, players and parents needs to be timely, accurate and complete.
- Parents are not to approach coaching staff during games. Coaches are instructed not to deal with negative feedback directly following a game.
- If you have issues that need to be resolved, wait at least for the next day to speak with the coach. The majority of issues should be able to be resolved with the coach directly however if needed, issues can be escalated to the head coach.
- During games and practices, please support the whole team, not just your own daughter.
- Parents coaching from the sidelines is never appropriate regardless of their level of knowledge. By all means be passionate and vocal, give encouragement to the SheKicks teams and praise good play by our opponents but refrain from negative feedback towards anyone.

At Kickeroos, we are committed to providing a pathway for players to grow, compete, and potentially showcase their talents on an international stage.





Pathway for Development Squad Players: Ensuring Continuity

We are thrilled to unveil an exciting pathway for our Development / Premier Squad players, ensuring a high level of continuity in their football journey. This program opens doors for our oldest players to seamlessly transition into Representative Programs in the National Premier League (NPL) and Junior Development League (JDL).

We are committed to offering comprehensive pathways that foster growth, competition, and the realisation of each player's full potential.

reflecting both their individual commitment and the effectiveness of our development approach. Our U9 A team delivered an equally impressive year, with all nine players securing positions in JDL for the 2026 season. This 100% progression rate not only demonstrates the squad's collective dedication but also reinforces the strength of our training environment, player development frameworks, and long-term pathway planning. These outcomes stand as a testament to the hard work of the players and our coaches.

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cross all squads, our focus has been on creating a positive, growth-oriented environment that supports skill development, confidence, and a long-term love for the game. We continue to implement updated training frameworks, mentor assistant coaches, and ensure consistent communication with players and families to maintain high program standards.

